

Recommendations for Creating the Healthiest Next Generation 2017-2019

Recommendations are provided by the Governor's Council for the Healthiest Next Generation with input from the Community Health Advisory Committee, Department of Health (DOH), Department of Early Learning (DEL), Office of Superintendent of Public Instruction (OSPI) and the Governor's Office as well as past recommendations from the Governor's Blue Ribbon Task Force on Parks and Outdoor Recreation.

* These action items align with the [Washington State Suicide Prevention Plan](#), January 2016, and the [Governor's Executive Order 16-02](#) implementing the suicide prevention plan

** These actions align with the [Statewide Opioid Response Plan](#)

Overall recommendation: Fund outcome research across all actions.

RECOMMENDATIONS

Votes	Recommendation	Opportunity for Action by the Governor	Related Achievements
25	<p>Nutrition, physical activity and water access improvements in schools. Sustain and expand <i>Healthy Kids-Healthy Schools</i> grants.</p> <p>Considerations:</p> <ul style="list-style-type: none"> • Triple available funding for grants and place a focus on kitchen equipment. • Consider water bottle filling stations for all schools. • Incorporate assessing Physical Education/physical activity in schools. • Also consider equitable allocation of grants. 	<p>REINVESTMENT NEEDED</p> <ul style="list-style-type: none"> • Fund <i>Healthy Kids-Healthy Schools</i> (HK-HS) grant program at similar or increased level. \$17,942,683 of requests were received and 150 public school districts applications scored in 2016. Allowed for water bottle filling stations and nutrition and Physical Education/physical activity improvements in schools. 	<ul style="list-style-type: none"> • \$5 million dollars appropriated one-time in the 2015–17 capital budget for <i>HK-HS</i> grants. Water bottle filling stations in schools was a 2014 and 2015 recommendation. • The <i>HK-HS</i> grant was implemented and awarded in 2016 to 93 school districts for 466 school requests across state.
14	<p>Foundational support for Healthiest Next Generation Initiative. Continue funding three Healthiest Next Generation coordinators at the DOH, DEL and OSPI. (1)</p> <p>Consideration:</p> <ul style="list-style-type: none"> • Add other agencies (WSDOT) to be part of HNG, work funded or not. • Also include funding for Governor's policy advisor for outdoor recreation. 	<p>REINVESTMENT NEEDED</p> <ul style="list-style-type: none"> • Funding expires and we propose permanent funding for these three positions. This funding can be inclusive in the other proposal noted here, as needed. 	<ul style="list-style-type: none"> • We have made great strides in our state with our three coordinators collaborating with agencies, organizations, communities, early learning settings and schools. Achievements are noted in the annual reports and in this document. •

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12	<p>Encourage schools to integrate social and emotional health education to reduce the effect of Adverse Childhood Experiences.</p> <p>Note: Research shows:</p> <ul style="list-style-type: none"> Adverse Childhood Experiences (ACEs) are events of abuse, neglect and trauma. ACEs increase the likelihood of someone facing chronic disease, substance use, suicide attempts and poor achievement in school. As the number of ACEs increases, so does the risk for these outcomes. Social and emotional learning improves academic performance, student behavior and reduces emotional distress. 	<p>NEW INVESTMENTS NEEDED</p> <ul style="list-style-type: none"> Fund the final recommendations of the Social Emotional Learning Benchmarks (SELB) group.* Fund the surveying of Washington schools to learn which schools teach social and emotional health education, assess specific social and emotional learning curriculum/strategies being implemented and collect effectiveness/outcomes data.* Fund the training of all Educational Service District personnel, in partnership with OSPI and DOH, on the <i>Compassionate Schools</i> curriculum,* which benefits all students, but focuses on students chronically exposed to stress and trauma. 	<ul style="list-style-type: none"> OSPI formally adopted the revised <i>WA State Health and Physical Education K-12 Learning Standards</i> in March 2016. These standards promote social and emotional grade level expectations to implement in classrooms. The 2015 Budget directed OSPI to convene a workgroup to recommend comprehensive benchmarks for developmentally appropriate interpersonal and decision-making knowledge and skills of social and emotional learning for grades K-12. The SELB Workgroup will submit recommendations by October 1, 2016.
12	<p>Access to healthy food in schools. Support efforts to improve access and participation for all children in programs that support healthy foods, by providing technical assistance, training and resource development.</p> <p>Considerations:</p> <ul style="list-style-type: none"> <i>Fund Farm to School (WSDA); including technical assistance.</i> <i>Fund implementation of Smarter Lunchrooms.</i> <i>Call out i.e. Breakfast after the Bell as a breakfast delivery model.</i> 	<p>NEW INVESTMENTS NEEDED</p> <ul style="list-style-type: none"> Fund opportunities for schools to provide best practices in alternative breakfast delivery models, 	<ul style="list-style-type: none"> OSPI developed the <i>Washington Smarter Lunchrooms Toolkit</i> to help students make healthier choices at school. The resource was piloted in 13 schools and OSPI is partnering with the Washington School Nutrition Association to conduct a train-the-trainer program starting in October.

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10	<p>Support for outdoor recreation for youth and families. Advance recommendations from the <i>Governor's Blue Ribbon Task Force on Parks and Outdoor Recreation</i>. Increase funding for youth athletic fields and State Parks. Note: This recommendation was added from the Outdoor Recreation Task Force.</p> <p>Consideration:</p> <ul style="list-style-type: none"> • Also look at shared use. Need to create and improve shared use of outdoor venues (schools [indoors too], parks, trails, other public lands). • Update state Bike/Pedestrian Plan, including recreational marijuana, e-bikes, and self-driving cars. • Fund an outdoor school initiative. 	<p>REINVESTMENTS NEEDED</p> <ul style="list-style-type: none"> • Fund expansion of <i>No Child Left Inside</i> grant program. • Fund expansion of Youth Athletic Field grant program. • Maintain funding for State Parks operating budget at current levels and improve capital project funding to levels previously approved by the Governor (not what was funded by the legislature). 	<ul style="list-style-type: none"> • Legislature passed a bill implementing many of the recommendations of the task force, including funding for an Outdoor Recreation policy advisor, who was subsequently hired by the Governor's office. • Discover Pass sales have increased and a successful 2016 budget proviso will examine how to further improve the Discover Pass and recreational access fees in the state.
8	Implement a sugar-sweetened beverage (excise) tax, 2 cents per ounce.		
7	<p>Substance use prevention and support in schools. Promote drug and alcohol prevention education and increase chemical dependency support in schools for marijuana, tobacco and vapor product prevention.</p> <p>Consideration:</p> <ul style="list-style-type: none"> • Fund tobacco prevention. • Flexible funding for community mobilization. 	<p>NEW INVESTMENTS NEEDED</p> <ul style="list-style-type: none"> • Fund statewide roll-out of the newly revised <i>WA State Health and Physical Education K-12 Learning Standards</i> to promote the integration of drug and alcohol prevention education. • Fund the expansion of the Community Prevention and Wellness Initiative (OSPI and Division of Behavioral Health and Recovery, DSHS) to cover all schools. • Integrate and prioritize items for policy and funding recommended by the opioid prevention state plan (TBD). 	<ul style="list-style-type: none"> • Passed first in nation comprehensive legislation to regulate e-cigarettes. • Secured marijuana prevention and education funding, including funding for mass media campaign and school and community outreach. • OSPI formally adopted the revised <i>WA State Health and Physical Education K-12 Learning Standards</i> in March 2016. These standards promote drug and alcohol prevention education to implement in classrooms. •

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6	<p>Comprehensive suicide prevention in schools. Ensure resources are available for identification, follow-up and treatment of health and mental health conditions by implementing existing legislation to support comprehensive suicide prevention programs in schools and higher education and improving connections between schools and behavioral healthcare providers.</p> <p>Consideration:</p> <ul style="list-style-type: none"> • <i>Include school nurses and treatment at schools.</i> • <i>Include gun safety education.</i> 	<p>POLICY CHANGE NEEDED</p> <ul style="list-style-type: none"> • Examine HB 1900 (2015) or explore a similar bipartisan effort that clarifies the roles of school counselors, social workers and psychologists in supporting students' behavioral health.* <p>NEW INVESTMENTS NEEDED</p> <ul style="list-style-type: none"> • Fund recommendations from suicide prevention action alliance: e.g. depression and suicide risk screening tools & social marketing campaign.* • Fund gaps to improve access to mental health services for children and youth identified through the children's mental health workgroup (HB 2439). 	<ul style="list-style-type: none"> • The publication of the <i>Washington State Suicide Prevention Plan</i> in January 2016. This plan was developed in collaboration with a steering committee of community organizations, state agencies and other stakeholders. • The Governor's Executive Order 16-02 <i>Firearm Fatality Prevention – A Public Health Approach</i> calls for reducing and preventing gun-related violence, crime, fatalities and injuries and implementing the <i>Washington State Suicide Prevention Plan</i>.
6	Support for before/after-school programs related to nutrition and physical activity.		
5	<p>Support child care providers to meet new licensing requirements. Increase integration, training and ongoing support for child care providers on nutrition, physical activity and screen time to help providers meet the new child care licensing requirements.</p> <p>Considerations:</p> <ul style="list-style-type: none"> • <i>Include mental and behavioral health training and open it to non-licensed programs.</i> • <i>Include behavioral health consultation for early learning providers to support keeping 0-5 year-olds in child care/Pre-K.</i> 	<p>NEW INVESTMENT NEEDED</p> <ul style="list-style-type: none"> • Funding for training and consultation is included in the interagency "Healthiest Next Generation" funding proposal submitted by DEL. Note: Potential connection with the <i>Blue Ribbon Commission on Children and Families</i> recommendations. 	<ul style="list-style-type: none"> • In 2016, DEL began to align national "Caring for Our Children" best-practice standards on breastfeeding, nutrition, physical activity and screen time for Early Achievers and ECEAP (a Council recommendation from 2014 and 2015). • DEL and DOH initiated work with Costco to identify healthy products for child care providers. • Collaborated with WA Dental Services Foundation to create a <i>Drinking Water Toolkit</i>.

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5	<p>Expand Infant Toddler Consultation in early learning. Support DEL's expansion of the current Infant Toddler Consultation to include activities that support breastfeeding, nutrition, physical activity, screen time and environmental health.</p> <p>Considerations:</p> <ul style="list-style-type: none"> • <i>Need a coordinated child care health consultation program.</i> • <i>Include behavioral health consultation for early learning providers to support keeping 0-5 year-olds in child care/Pre-K.</i> 	<p>NEW INVESTMENT NEEDED</p> <ul style="list-style-type: none"> • Funding is included in the interagency "Healthiest Next Generation" funding proposal submitted by DEL. Note: Potential connection with the <i>Blue Ribbon Commission on Children and Families</i> recommendations. 	<ul style="list-style-type: none"> • Healthier WA has highlighted this as a potential investment, and if our Medicaid Global Waiver is approved, it will fund community programs through our Accountable Communities of Health to pilot evidence-based efforts in child care to support healthy eating and physical activity.
4	<p>Nutrition, physical activity and water access improvements in early learning. Create a <i>Healthy Kids-Healthy Early Learning</i> grant program similar to <i>Healthy Kids-Healthy Schools</i>.</p>	<p>NEW INVESTMENT NEEDED</p> <ul style="list-style-type: none"> • Explore capital investment to create a new grant program. There are 1,977 licensed child care centers and 3,832 licensed family home child care providers enrolling 157,000 children. 	<ul style="list-style-type: none"> • In order to promote family style dining practices in early learning programs, DEL purchased serving bowls and utensils and pitchers that were distributed statewide to Early Achievers coaches. The coaches will use the equipment as incentives to encourage early learning program staff to adopt the practice of family-style dining.
1	<p>Health information outreach program for child care – Family, Friend and Neighbor care (subsidized and non-subsidized), e.g. outreach for best practices on breastfeeding, nutrition immunizations, oral health & physical activity.</p>	<p>NEW INVESTMENT NEEDED</p> <ul style="list-style-type: none"> • Fund outreach and professional technical assistance efforts for implementing best practices on breastfeeding, nutrition, immunizations, oral health, physical activity and other important areas. 	<ul style="list-style-type: none"> • The Early Start Act requires that DEL Licensors now monitor Family, Friend and Neighbor (FFN) care providers who receive state subsidy. This will provide an opportunity for DEL staff to better engage with these providers and share health and safety information.

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1	Change in parental leave policies		•
1	Support increased funding for community-based organizations for nutrition, physical activity and substance abuse prevention.		•
0	Comprehensive 211 system.		•